

EXPLORE!



Highlights of Bolivia

12 days

Bolivia - Trip code BA

Highlights of Bolivia

This Bolivian adventure takes in some of the richest culture and most startling scenery in South America. Beginning in the laidback city of Santa Cruz, we immediately head to the Andean foothills and the incredibly biodiverse Amboro National Park, where we walk among giant tree ferns and hike to condor viewpoints in the hills. The upwards trip continues through the high mountains of the Andes, where we visit the former silver-mining town of Potosi and discover the colonial architecture of Sucre. Heading onto the Altiplano, we explore the ethereal salt plains, where oddly shaped cacti live on the blinding salt desert, and fly up to the magical Lake Titicaca where we eat local food and watch the sunset over the Inca ruins.

Trip highlights

- ★ **Uyuni** - Experience the dreamlike salt flats
- ★ **Lake Titicaca** - Hike on the Isla del Sol, surrounded by the enormous lake
- ★ **Amboro National Park** - Spend a day exploring this biodiverse paradise
- ★ **Andes** - Be surrounded by mountains in Potosi, Sucre and La Paz, and discover the indigenous communities thriving here
- ★ **La Paz** - Take a cable car to explore one of the highest cities in the world

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:**Moderate**

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

GROUP SIZE:**12 - 18**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip in Santa Cruz; explore the city on foot and by vehicle

We arrive today into Santa Cruz. Flights typically arrive early, and as such we will be using the afternoon to explore the city on foot with our Explore Leader. For most visitors to Bolivia, we expect mountain scenery, rural settings and indigenous culture. Our arrival into Santa Cruz turns these expectations on their head - firstly, set at the foothills of the Andes on the flat plains that extend into Brazil and Paraguay, this city is not at altitude, giving us some much needed acclimatisation time. It is also surprisingly culturally diverse, being home to a Mennonite community, a large Japanese-Bolivian population and immigrants from the altiplano as well as Santa Cruz locals. We explore some of the main monuments before visiting the Historical Museum of Santa Cruz, the Museum of Sacred Art and the Recoba handicraft market. One of the most important stops today is the 400-year old San Lorenzo Cathedral on the city's main square. Those who wish can climb the bell tower for a beautiful panoramic view of the old town.

Please note today breakfast is only included if you arrive at the hotel before 10am.



Accommodation: Hotel LP (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - 4WD journey to Samaipata; hike to a condor viewpoint in the Andean foothills


Heading west from Santa Cruz, our destination today is the sleepy village of Samaipata, located in the foothills of the Andes mountains at approximately 1600m altitude. The town is a great jumping off point for the biodiverse jungle paradise of the Amboro National Park, home to thousands of species of plants, and hundreds of mammals, reptiles, amphibians and birds, which we will be visiting tomorrow. Before arrival into Samaipata, we head in our 4WD vehicles to the local community of Bella Vista, which is where

we will set off on our hike to a condor viewpoint. The terrain is almost alpine in its appearance - it's hard to believe that this is the same country that is home to the salt flats, the high mountains surrounding La Paz, or indeed the lush jungle in the neighbouring Amboro National Park. There are two different viewpoints of two or three hours round trip - the ascent will be steep, on rough paths, and the mountain vistas really open out in front of you, with forest covered hills stretched out for miles. The payoff is the magnificent views and the hope of spotting the majestic Condors from the top.


After our hike, we continue to Samaipata to our beautifully located accommodation where we can rest and relax.




Accommodation: El Pueblito Resort (or similar)



Standard Cabins



Single room available



Meals Provided: Breakfast, Lunch & Dinner


DAY 3 - Visit the pre-Hispanic UNESCO site of El Fuerte; hike through giant fern forest in Amboro National Park

Close to Samaipata we find the mystical site of El Fuerte, a pre-Inca ruin that has been designated a UNESCO World Heritage Site. Occupying a hilltop about 10km away from the village, the site offers astounding views across the valley. There are no standing buildings, but the main draw to the site is the 100m-long stone slab, covered with a variety of carved figures such as snakes and pumas, as well as geometric shapes and practical niches for seating and wells or waterways. At the base of the rock, archaeologists are still excavating walls that we now know represent the administrative buildings for the site, which was occupied from as early as 300 AD by people belonging to the Mojocoyas culture, before passing hands through the centuries and being occupied by the Inca themselves in the 14th Century.


After visiting the ruins, we head to the La Yunga cloudforest in the spectacular and biodiverse Amboro National Park, to walk on the trails of the giant fern forest. We'll do an approximately two hour walk, on the muddy jungle trails. The giant ferns in this part are seriously impressive, with some reaching up to 13 metres tall. This is just one of the three different eco-systems found in the Amboro National Park, one of the reasons for its incredible abundance of wildlife. Our guide will help us to spot some of the over 800 species of bird found in the park, including toucans, white-bellied hummingbirds and the cock of the rock. Big mammals, including the spectacled bear, are also found in the park but they are unlikely to be seen.




Accommodation: El Pueblito Resort (or similar)



Standard Cabins



Single room available



Meals Provided: Breakfast, Lunch & Dinner


DAY 4 - Return to Santa Cruz by 4WD; fly to Sucre and discover the city

Departing Samaipata this morning, we drive directly to the airport at Santa Cruz, and fly to Sucre. Here we get our first taste of real altitude, and at a reasonably low 2800m it is a good place to adjust. Arguably Bolivia's most beautiful, and certainly most charming, city, this gloriously whitewashed town is a UNESCO Heritage Site, and is perfect for wandering amid the tranquil streets and plazas.

The colonial buildings with their wrought-iron balconies are reminiscent of a Spanish town, but there is a large indigenous population here in Sucre and we are sure to see ladies walking the streets, often carrying babies or food purchases slung across their backs, swaddled tight in a brightly woven scarf. We discover the main sights, including the Casa de la Libertad on the main square, where the Act of Independence was signed. We visit the peaceful Bolivar Park, which is a nod to the city's aristocratic aspirations in its French-style tree-lined paths. There are even replicas of the Arc de Triomphe and the Eiffel Tower, the latter designed by Gustav Eiffel himself especially for the city. The park is a good place to get food from the nearby street vendors, such as 'papas rellenas' (stuffed potatoes), a tasty snack of boiled egg encased in potato and fried. A final important stop on our tour is the museum of Indian Textiles, where weaving demonstrations are often given among the exhibitions of past and present work. Indigenous handicrafts have been historically viewed as 'second-class', and this museum aims to promote the importance of this work as a testament to Bolivia's ethnic and cultural heritage.

 **Accommodation: Hostal de Su Merced** (or similar)

 Standard Hotel

 Single room available


 Meals Provided: Breakfast

DAY 5 - Day at leisure; optional trip to see dinosaur footprints

Around the Sucre area there is a lot to explore, and we have several options today. For some, it may be the perfect opportunity to stay in the city and visit some of the colourful markets, such as the Mercado Central - a real local food experience, with freshly squeezed juices being sold next to hunks of freshly slaughtered goat or lamb and bags of all different types of grains and pulses piled up in a haphazard fashion. Alternatively, you could take a half-day trip to nearby Cal Orcko to see the incredibly 100m wall that contains hundreds of dinosaur footprints from the cretaceous period, an amazing record that paleontologists and geologists are studying to understand the prehistoric landscape in Bolivia. There is also the chance to do a four hour hike outside the city, with the aim of reaching the cave paintings of Incamachay and Pumamachay. The hike itself is stunning, taking you through the barely-inhabited mountains surrounding Sucre, culminating in the 2000 year-old rock art that was discovered in the early 1900s. Finally, you could take the bumpy drive up to the small indigenous village of La Candelaria, visiting the 200 year-old hacienda that is so key to this tiny community. The hacienda is full of rich history, with artefacts dating back to the 1700s. You'll also have the opportunity to visit some of the village homes, which is a really privileged experience.

 **Accommodation: Hostal de Su Merced** (or similar)

 Standard Hotel


 Single room available


 Meals Provided: Breakfast


DAY 6 - Travel to Uyuni via silver-mining town of Potosi

Setting off from Sucre this morning, we take a public bus to nearby Potosi, a UNESCO site that is integral to the history of Bolivia and indeed the entire Spanish empire. Although the conquistadors never found the fabled 'El Dorado', the legendary city of gold, they did manage to get their hands on Potosi, a town in the shadow of the nearby mountains that the Inca population were already exploiting for its silver. The most famous mountain of all, 'Cerro Rico' (Rich Hill), would effectively bankroll the Spanish empire, and

during Potosi's most lucrative years it became the largest and wealthiest city of the Americas, which is something to be said for a small town at over 4000m altitude. However, once the silver had almost dried up, the city went into decline. Nowadays, the ore is still mined, along with tin and lead, in appalling conditions. Our Explore Leader will talk to us about the importance of the mining heritage as we explore the city's grand churches and ornate colonial architecture, including the Mint and the Casa de la Moneda, with the Cerro Rico looming over us at all times. We drive on to Uyuni this afternoon, continuing our journey into the Andes mountain range.

 **Accommodation: Hotel Jardines de Uyuni** (or similar)

 Standard Hotel


 Single room available


 Meals Provided: Breakfast


DAY 7 - Discover the salt-flats and the cacti-covered Incahuasi Island

Exploring Bolivia's immense, other-worldly salt-flats is an unforgettable and surreal experience. Heading into this natural wonder the sky seems to almost disappear into the land through the reflections of the blinding-white plains. Flamingos inhabit the shoreline, whilst the snow-capped peak of Volcan Tunupa (5400m) looms far in the distance. Before we arrive at the salt-flats we pass through the train graveyard on the deserted outskirts of Uyuni, a collection of early 20th century train carriages rusted by the salt and left for dead after a major transportation project failed. Crossing the salt flats we head for Incahuasi Island, where we find an expanse of huge cacti occupying an isolated island in the heart of the flats. The cacti have been here for millennia, and the tallest towers 9 metres above the floor of the plains, no mean feat given that it is estimated that they only grow one centimetre a year! We move on to Colchani, driving across the desert pans to visit a salt works, where villagers have sent piles of salt to be ground and iodised before being sold. We head back to Uyuni this evening.

 **Accommodation: Hotel Jardines de Uyuni** (or similar)

 Standard Hotel

 Single room available

 Meals Provided: Breakfast & Lunch

DAY 8 - Fly to La Paz; city tour and cable car

Leaving Uyuni we fly this morning to the lofty heights of La Paz. Standing at 3636m above sea level, La Paz is cupped in the palm of two magnificent mountains and surrounded by the high altiplano. Its poetic nickname of 'the city that touches the sky' is well earned. We enjoy a tour of the city's many sites, including the fascinating witch market with its rows of bottled llama foetuses and other gruesome items, as well as handicrafts and weavings. The gold museum, San Francisco Church and Murillo Square are also highlights of the old colonial town, as well as the outdoor replica of the Tiahuanaco temple. We take the new cable car down to the southern part of the city before heading 10km out of the centre to the surreal landscape of the 'Valley of the Moon. We walk the narrow trails around the giant clay spires and deep canyons of this geological wonder, which rise out of the ground in bizarre formations.



Accommodation: Hostal Naira (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 9 - Free day; optional trip to Tiahuanaco archaeological site

Today is free to explore the city. You may wish to take half a day to visit the Tiahuanaco ruins, one of the most important pre-Inca civilisations and considered to be one of the most developed in its time. The Kalasaya Temple, the Gate of the Sun, the Akapana pyramid are amongst some of the buildings to explore and this can be followed by visiting the nearby pottery and stoneware museum. Alternatively, a really great thing to do in the city is to take a walking tour with a difference. Our supplier in Bolivia is partnered with a collective of local shoe-shiners, who can take you through more local neighbourhoods and markets of La Paz, including the popular 'Belen dining room' where rows of food stalls sell lunches very cheaply to the working population in the area. It provides a fascinating look at this mad city, outside of the usual tourist routes, and will get you closer to one of La Paz's most thriving working communities, which is also one of the most misunderstood. Our Explore Leader will be on hand to translate from Spanish if you choose this option.

You could also escape the city with a half-day hike in the atmospheric Valley of the Spirits. There is a three hour hike into Palca Canyon, starting with a roughly 5km downhill across farmland paths, descending into the gothic spires and rock formations of the canyon, before following the roughly 3km long rocky path through the canyon floor.



Accommodation: Hostal Naira (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 10 - Drive to Copacabana; boat to Isla del Sol

From La Paz we head towards the deep blue waters of Lake Titicaca. At 3810m it is the highest navigable lake in the world and its sacred waters have long been a site of religious ritual and devotion for the Aymara and Quechua populations that make the lake their home. Our journey takes us to the town of Copacabana, a place of mystic reverence since the times of the Tiahuanaco, and now a pilgrimage site for many Christians. We explore the Virgen Morena and its church before boarding our boat to the Island of the Sun, landing in Huacani port. Here we are treated to a typical 'aptapi' - a traditional indigenous lunch usually involving potatoes, corn, lima beans, trout or chicken, cooked up and served on a communal table. After lunch we jump back onto the boat where we land at the Pilkokaina Ruins and walk up to our eco-lodge (approx. 200m ascent and 1-1.5hrs of walking at high altitude), where we will be spending the night. You will be carrying an overnight bag with you on this walk and we will have the assistance of mules or donkeys. In order to not overload the animals, we will bring only what is necessary for one night and leave any extra luggage in Copacabana.



Accommodation: Ecolodge La Estancia (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 11 - Visit Chincana Ruins; drive back to La Paz and fly to Santa Cruz

The Isla del Sol is the largest of the islands that lie dotted around this spectacular lake, lying just off the Copacabana Peninsula, at the southern end of the lake. The island is covered with nearly 200 archaeological ruins that attest to the importance placed on this site by the ancient Incas. This morning we take a boat north, towards the labyrinthine Inca ruins of Chincana. The island has been revered by the Aymara for centuries and most of the ruins on the island date back hundreds of years. At Chincana we find a meandering network of rooms and passageways that link together around a sacred rock, overlooking the sparkling azure waters of the lake below. Then we take to the waters again, taking our boat to the neighbouring Island of the Moon to visit its ruins. We continue by boat back to Copacabana, drive to La Paz Airport and catch our flight back to Santa Cruz. We say goodbye to our Explore Leader here, and we are picked up in Santa Cruz by a local guide, who will transfer us to our final hotel.

Currently, due to strikes on Sun Island we are unable to visit the northern part of the Island where the Communities of Challa, Challapampa and the ruins of La Chincana are.

Your Explore leader will take you on a short hike in the morning instead, to discover the vistas over the lake, before heading to Moon Island. As soon as the local issues are resolved we will revert to the visits above.



Accommodation: Hotel LP (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

DAY 12 - Trip ends Santa Cruz

Our trip ends this morning in Santa Cruz, after breakfast.



Meals Provided: Breakfast



Product Manager Carmel shares her love of Bolivia and **5 things you might not know** about the country.

Why book this trip

Many other trips visit only the salt-flats of Uyuni, and perhaps Sucre or Potosi. During this Explore trip, you will not only discover these well-known highlights, but also explore the hidden gems of Ambo National Park and the small community of Samaipata, as well as offering the twist of an alternative city tour through La Paz with a collective of shoe shiners.

What's included?



Included meals

Breakfast: 11
Lunch: 5
Dinner: 3



Transport

Bus
Boat
Cable Car
Flight



Trip staff

Explore Tour Leader
Boat Crew
Driver(s)



Accommodation

2 nights standard cabins
9 nights standard hotel

Trip information

Country information

Bolivia

Climate

Conditions vary from region to region and with altitude. Bear in mind that at high altitude temperatures can drop dramatically, and conditions can change suddenly. Inland - Hot and humid from October to March (summer). Mild to hot from April to September (winter). Highlands -- All year, sunny days, chilly to cold evenings. Rainy December to March. Mainly dry rest of year best time for mountain travel.

Time difference to GMT

-4

Plugs

3 Pin Flat

Religion

Roman Catholic

Language

Spanish

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

A selection of optional activities are listed below to help you budget for your adventure. Whilst the basic tour price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to advise you.

Day 5 - Sucre:

Full day tour to La Candelaria village, hacienda visit, including lunch; approximately \$100USD (min 3 people)

Full day hike to the Incamachay and Pumamachay rock paintings, including lunch; \$69USD (min 3 people)

Half day trip to the Cal Orcko museum and dinosaur footprints; \$27USD (min 3 people)

Day 9 - La Paz:

Half day trip to the Tiahuanaco ruins; \$54USD (min 3 people)

Half day hiking trip to the Valley of the Spirits and the Palca Canyon; \$66USD (min 3 people)

Half day alternative city tour with local shoeshiners; \$34USD (min 3 people)

Clothing

Temperatures at altitude can drop considerably, particularly at night, and you will certainly need warm clothing for the evenings, including thermal underwear, a well-insulated fleece/jacket and a thick sweater. Bring something warm to sleep in. Lightweight clothing is necessary for the low altitudes of Santa Cruz, and even the highlands enjoy dry sunny days that may necessitate lighter items. Lightweight raingear is essential at any time of the year, particularly in the Amboro National Park.

Footwear

Comfortable lightweight trail or walking boots, trainers and sandals.

Luggage

20kg

Luggage: On tour

One main piece of luggage, a good sized daysack which should be large enough to carry warm and waterproof clothing as weather can be quite changeable. The altiplano is dry on the whole, but rain could happen particularly in Santa Cruz, which is lower down.

Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

A sunhat and sunglasses are advisable as is high factor sunscreen and lipsalve with sun protection, due to the thinness of the atmosphere. A torch is also useful in case of power cuts or emergencies. Don't forget your camera and a towel. You may wish to bring a walking pole for our hike to the eco lodge on the Isla del Sol, if you have one.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow US\$ 35 for tipping

Country Information

Bolivia

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£5

Dinner price

£8

Beer price

£1.47

Water price

£0.6

Foreign Exchange

Local currency

Boliviano.

Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash for your tour, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where To Exchange

Most major towns - your Tour Leader will advise you on arrival.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques

Travellers Cheques can be awkward or expensive to change

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Cable Car, Flight

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office

[advice click here.](#)

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Bolivia: Visas are not required for UK, New Zealand, Australian, and Canadian citizens. However, US citizens will require a visa. Other nationalities should consult the relevant consulate.

USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely be refused boarding.

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit)

For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange

appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom. Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Bolivia

Vaccinations

A yellow fever certificate is necessary for passengers visiting the lowlands Bolivia (BA trip). We also recommend protection against typhoid, polio, infectious hepatitis and tetanus. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
